



# NORTHFIELD

## Community Partnership

Community Development Trust

## INTRODUCING THE PROGRAMME



**Game of Stones is an initiative to support adults with type 2 diabetes to achieve remission through tailored, culturally appropriate lifestyle interventions.**

### BENEFITS



#### **MONETARY INCENTIVES**

Rewards for staying on programme and progress to achieving remission.



#### **BESPOKE PLAN**

Bespoke culturally appropriate nutrition plan to promote healthy eating.



#### **ONE TO ONE SUPPORT**

Lifestyle Coaching Support to help participants stay motivated and successfully manage healthy lifestyle changes



#### **WORKSHOPS**

Fitness classes and workshops focused on healthy habits and nutritious eating



Provided by trusted local organisations.



Individual and group sessions on health, cooking, fitness, and peer support.



Citywide Diabetes Intervention Program.



Focus on weight reduction and sustained remission.



**Birmingham and Solihull  
Integrated Care System**  
Caring about healthier lives

**☎ 07777 186 498**

**📍** 693 Bristol Road South  
Northfield, B31 2JT,  
Birmingham

**✉** [elena@northfieldcommunity.org](mailto:elena@northfieldcommunity.org)

**🌐** [www.northfieldcommunity.org](http://www.northfieldcommunity.org)

# Eligibility Criteria & Referral Process

Recruitment occurs via  
GP/Primary Care referrals and a  
community based Self Referral  
Pathway



Call Now

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## Confirmed GP Diagnosis

Active Type 2 diabetes  
diagnosis confirmed  
via GP.



## Glucose Level

HbA1c last 3 months.  
43-75 mmol/mol (on meds)  
48-75 mmol/mol (not on  
meds)



## Local & Motivated

Lives local to a  
delivery partner and  
motivated for a  
change



## BMI & Age

BMI > 27.5

Age must be 18+

Consent to share data